
Research on the Importance and Methods of PE Humane Quality Education

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Abstract

Humanistic quality education is the personality, moral quality and cultural knowledge, integrity, responsibility, law and civil consciousness education from the aspects such as the integration of the body. In this paper, through methods of literature, field survey, analysis and research in colleges and universities sports to carry out humanistic quality education and puts forward relevant education methods, the importance of sports humanities quality education to provide certain reference for colleges and universities.

Keywords

College sports; Humanistic quality; Importance; Education method.

1. Introduction

Held in 2005, the ministry of education "mark the tenth anniversary of cultural quality education in institutions of higher learning for the fourth time culture quality education work conference", points out that cultural quality education important indicator is the next stage of popularization. Humanistic quality education can help students education of outlook on life and values, cultivate the students' comprehensive thinking ability and innovation consciousness, forming reasonable optimization of knowledge, cultivate noble values and complete personality, promote the comprehensive and healthy development of the college students. Sports and humanistic quality education is not only beneficial to promoting students' quality education but also actively promote the sports work geared to the needs of modernization, the world and the future the sports humanistic quality education in improving the students Cultivating students' innovative ability quality become qualified talents for the sustainable development of the play their role [1].

2. The importance of strengthening university sports humanities quality education in the new period and method

2.1 Import the importance of humanity quality education in colleges and universities sports teaching

The so-called humane spirit, mainly refers to the person's mental care, but now society to individual life value and the individual life more and more attention, the humanistic spirit is not only a kind of lofty spirit, but is directly related to each individual life. The physical and mental health of college students is closely related to the fate of the country's future. University "in life for this" first will have the life education [2].

2.1.1the life view education. University stage is an important stage in college students toward adulthood, we should to correct view education of college students, let students correct understanding life, form the correct values of life, cherish life, respect life, efforts to improve their quality of life,

for the college students in the future to realize their life values, and create wealth for the society is of positive significance, and can also help college students really embrace happiness.

2.1.2 survival education. Survival education mainly is to help students have a more clear understanding about life, let the students master the basic survival skills, so that the students can survive.

2.1.3 the psychological health education. At present, many college students are only children, selfish, self is characteristic of them clearly. At the end of the university, not the elder care, so many students will feel very lost, become more vulnerable and sensitive. Occurred over the past few years a college students' suicide, its the main reason is the lack of life consciousness and the psychological adjustment ability. Therefore, the humanistic spirit in university education and mental health education is particularly important.

2.2 To strengthen the humanistic quality of the physical education teaching in colleges and universities education method

2.2.1 Creating characteristic physical education curriculum, and promote cultural and sports have a smile like

Physical education of the humanities spirit, must have the corresponding carrier, by carriers to work, to show the humanities cultivated manners of the sports curriculum contains. So, what carrier is Such as sports dance, physical model, dragon dance, lion dance, ballet, basketball, taekwondo, form, fit and so on specialty courses is a good carrier of the humanity quality education, the course has a strong culture breath, and was deeply loved by students. Ballet such as ballet, a lot of people said: it is the human emotion is the most concentrated and powerful form of exciting moment. Our country famous poet wen yiduo once said: "the dance is life emotional appeal is the most direct, the most sharp, the most simple and most abundant performance." Others say the dance is the image of "dynamic" poetry, therefore, for a long time, the dance can bring the huge impact on the vision, the people meet the requirements of the lyric effect of people and art appreciation. For activities such as lion dance and dragon dance, is widespread in our country, in all kinds of celebration or festival activities have performance. And the dragon and lion is a symbol of auspicious folk in our country, it is hoped that activities such as lion dance and dragon dance to eliminate the disaster, good harvest and hope. Through this type of course, you can very well to teach cultural knowledge and cultivate humanistic quality together, so it can realize the perfect combination of culture and sports, let our colleges and universities sports curriculum more full of vitality.

2.2.2 The emphasis on humanistic quality education, deepen the sport spirit of college students

Sports is in certain social historical conditions, formed by the movement of the body to promote physical and mental development of a cultural movement. Sports plays an very important influence and role in social development, and the humanistic spirit is the core of undertakings of physical culture and sports. The humanistic spirit of not only guides the development direction of sports, but also embodies the spirit of the nation. In the teaching of each link, we need to constantly strengthen students' sense of responsibility, sense of honor, a sense of accomplishment and sense of mission, and for the development of ethnic pride and sense of responsibility. For example, in 2011 China successfully hosted the world university games in shenzhen, many epic story appeared in the games, sports teacher can tell students the deeds; Can also talk about the evaluation and understanding of China in the world, something about "people's Olympics" and the connotation of the modern Olympic spirit and so on, so that it can inspire students a strong sense of national pride, enhance their collective belief and patriotic feeling.

2.2.3 Improve the physical education curriculum planning, the construction of a scientific evaluation system of college sports

For a long time, the evaluation of PE of universities and colleges in our country is mainly aimed at course results. For example, when we evaluate a student, basically be to see whether the student movement standard in place, whether firmly grasp and so on; And when evaluating a teacher of physical education, mainly to see how the teacher of physical education teaching effect, how many

scientific research achievements and so on. Such a heavy result, light process appraisal way, with the sports curriculum aim now is not consistent. Now, the development of the social environment, increased a lot of the humanistic connotations in sports teaching, so we in the physical education teaching evaluation, should also pay attention to the humanistic spirit, this is more in line with the development trend of modern physical education. First, the teaching evaluation must be able to promote students' learning, can promote the students' health of body and mind development, can promote the teaching reform and innovation of the modern physical education teacher; Second, the teaching evaluation should be open to starting from the students throughout the learning process, not only the students of an action or a physical fitness test is to determine the student performance, and should learn from the students in the process of learning attitude, learning ability and the understanding of physical education curriculum, and so on to conduct a comprehensive evaluation, such ability more objective; Third, should take diversified ways of evaluation. In light of different quality of each student, for students to select proper sports, and according to the students' activity levels to formulate appropriate evaluation criteria, evaluation mode, so as to let the students confidence in movement, get more harvest.

2.2.4 To optimize the campus cultural environment, create good teaching atmosphere

The school of the people, people and things, and the various relationships between, belong to the campus cultural environment. On the campus of various cultural phenomena and cultural scene interaction, mutual influence to form the campus cultural environment. The campus cultural environment with the content of the spiritual and material aspects. First of all, from the spiritual point of view, the campus cultural environment includes all the cultural phenomenon in the campus, such as sports teacher culture and student culture, system culture, system culture, organizational culture, organizational culture, etc; Second, from the material point of view, the campus cultural environment includes the school building's shape, size, layout, site and the situation of the sports equipment, landscaping, etc. Between the two are interdependent and promote each other organic whole, be short of one cannot. We must carry on the spiritual point of view of cultural construction, the main can create a harmonious relationship between teachers and students, to be born, to cultivate the students' physical quality and the sports spirit, reform of teaching mode, improving teaching methods, in the process of student assessment, adopts diverse personality evaluation method, create a harmonious campus environment for students. We must carry on the material point of view of cultural construction, can add some sculptures and sports equipment for the school, or put up some famous quotations about sports, and so on[3].

2.2.5 Strengthening the construction of teaching staff, improve the physical education teacher connotation humanities value

We want to through the sports teaching, improve the students' humanistic quality, first requires that teachers must possess higher humanity accomplishment. A good teacher of physical education should have lofty ideals and good moral character, love of truth, the pursuit of excellence, teaching rigorous, scientific truth-seeking spirit, temperament elegant, etc., which is precisely what we want to cultivate the students' important content. So, we must strengthen the construction of teaching staff, improving humanism quality of physical education. We can use the various forms such as training, continuing education and support to improve sports teacher's humanities cultivated manners[4]. Education administrative departments, of course, also need to strengthen the work, such as increasing training funds, set up incentive system, a specialist training and so on, to promote the improvement of teacher of physical education of the humanities.

3. Conclusion

We should guide and help students to shape noble humanistic spirit, must have a certain cultural knowledge base. People often say that "the power of example is great", "example is better than precept", the humanistic spirit of P.E. teachers is that students are the best role model, so, to grasp the sports humanities education in colleges and universities should begin from the teacher. As a teacher of physical education, we must strive to improve their cultural literacy, in the process of teaching, not

only to teach knowledge and skills to students, or transfer the humanities consciousness, so it can well combine humanistic education and physical education together. Professional sports of college students, especially students, should take a society, not only to learn professional knowledge, more related to some economic, politics, history, law, literature, philosophy, art, and other fields of knowledge, so as to make their own knowledge structure more perfect, and to constantly improve their humanistic quality, so as to gain more advantages in the fierce competition in the society.

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